

THE WELLINGTON BED & BREAKFAST

FOOD ALLERGY & INTOLERANCE INFORMATION

Guest information

Please tell us before ordering breakfast if you have a food allergy, intolerance or special dietary requirement. We are happy to discuss ingredients and suitable options.

The 14 recognised allergens

No.	Allergen	Examples / information
1	Celery	including celery stalks, leaves, seeds and celeriac
2	Cereals containing gluten	wheat, rye, barley, oats and their products
3	Crustaceans	prawns, crabs, lobsters and similar shellfish
4	Eggs	including foods made with egg
5	Fish	including fish products and sauces
6	Lupin	including lupin flour and products
7	Milk	including lactose and dairy products
8	Molluscs	mussels, oysters, squid, snails and similar shellfish
9	Mustard	including mustard seeds, powder and prepared mustard
10	Nuts	almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios and macadamia nuts
11	Peanuts	including peanut products
12	Sesame	including sesame seeds and sesame products
13	Soya	including soya beans and products
14	Sulphur dioxide & sulphites	when present above the regulated level

Please tell us about your requirements

Guest name:

Date:

Allergy /
intolerance:

Breakfast:

**Additional dietary
information:**

Important: Ingredients and recipes can change. If you have a food allergy, please speak to a member of staff before eating. We will provide information about the allergens present in the foods we serve. Although care is taken, we cannot guarantee that food is completely free from traces of allergens.

The Wellington Bed & Breakfast • Richmond, North Yorkshire